

News Briefs

Wing announces E-8 list

The Air Force selected 1,303 master sergeants for promotion to senior master sergeant, for an 8.63 percent selection rate. Last year's selection rate was 9.19 percent. The average score for those selected was 661.37 with an average time in grade and time in service of 4.42 and 20.22 years, respectively. The following Spangdahlem AB individuals were selected for promotion:

Robert Domingue, 52nd Aircraft Maintenance Squadron; **Kevin McNeill**, 52nd AMXS; **Dale Wright**, 52nd AMXS; **David Ayers**, 52nd Civil Engineer Squadron; **Joseph Walsh**, 52nd CES; **Kevin Lord**, 52nd Component Maintenance Squadron; **Michelle Lackey**, 52nd Comptroller Squadron; **Richard Marra**, 52nd Communications Squadron; **Ronny Shaffer**, 52nd Equipment Maintenance Squadron; **Jeffrey Short**, 52nd EMS; **Jeffrey Wedekind**, 52nd EMS; **Stephan Steckowski**, 52nd Fighter Wing; **Robert Hughes**, 52nd Logistics Readiness Squadron; **Freddie Giddens**, 52nd Medical Support Squadron; **Roy Aubert**, 52nd Maintenance Group; **David Maniccia**, 52nd Operations Support Squadron; **Clayton Christiansen**, 52nd Security Forces Squadron; **Donald Tubbs**, 52nd SFS; **Roger Bolish**, 606th Air Control Squadron; **Don Goynes**, 606th ACS; **Jeffery Swartz**, 606th ACS; **Dwayne Metoyer**, 702nd Munitions Support Squadron, Buechel Air Base, Germany; **Kenneth Shires**, 703rd MUNSS, Volkel Air Base, Netherlands; and **Marcel Balaoro**, 726th Air Mobility Squadron

Welcome Home Party

All Sabers are invited to the Air and Space Expeditionary Force 7 and 8 Welcome Home Party at 4 p.m., March 17 at Club Eifel. Help celebrate the successful return of fellow Sabers from their recent deployments and help recognize the people who remained at home station and put in extra hours to keep the 52nd FW mission going. Free food will be provided.

AFPC lists prohibited testing items

Air Force Personnel Center Headquarters recently announced that the following items are prohibited inside the promotion testing room: cell phones, beepers, notepads and calculators. People possessing these items after the testing session begins will have their tests terminated and will be rendered ineligible for the remainder of the testing cycle. Call the 52nd Mission Support Squadron Promotions and Testing section at 452-6344 for details.

Toll-free number to get home

The command post now has a toll free number, 0800-GET-HOME (438-4663). Sabers who need help or do not have money for a pay phone can use the number. For details, visit any first sergeant.

A little story

Spangdahlem Elementary School students join children across the U.S. to celebrate Dr. Seuss' 101st birthday with "Read Across America."

Read "Seuss-a-palooza" on Page 6.



Eifel Times

Vol. 40, Issue 10

Spangdahlem Air Base, Germany

www.spangdahlem.af.mil

March 10, 2006



Iris Reiff

Two Spangdahlem Air Base Sabers participated in a simulated convoy Wednesday during a low-threat exercise scenario. They defended themselves and a moulage victim in a vehicle before other Airmen administered medical care on scene. The training was part of the wing's expeditionary combat skills training program, which helps familiarize Airmen with conditions they may face while at their deployed locations.

Wing modifies Phase II tactics, sharpens Saber combat skills

By Tech. Sgt. Patrick Stoner
52nd Fighter Wing Programs and
Inspections Office

"Alarm Red, MOPP 4."

Those familiar words of exercises past ring throughout a base's loud speakers during exercises.

With hundreds of Airmen sucking air through gas mask rubber for hours while hunkered down in work centers during scenarios, disaster training is considered a rite of passage in the Air Force.

While many Airmen practice functioning in a hostile environment, only a small percentage have endured an actual attack.

As a result, the 52nd Fighter Wing has modified exercise tactics.

"We haven't completely abandoned chemical attacks," said Master Sgt. George King, 52nd FW XP Phase II NCOIC, "we have just modified our focus a little."

Sergeant King explained the wing is trying to better prepare Sabers for the type of threats they will encounter down range versus what may have occurred in a dated Cold War scenario.

"Improvised explosive devices, mortar attacks, sniper fire ... these things are all happening down range, and are therefore on the table for wing exercises," Sergeant King said.

Since October 2005, the wing has trained more than 2,100 Sabers on expeditionary combat skills, convoy skills,



Airman Emily Moore

Staff Sgt. Dominic Cirincione, 52nd Security Forces Squadron member, helps an Airman low crawl during expeditionary combat skills training here Tuesday.

and enhanced self-aid buddy care.

Each course takes weeks of coordination between multiple agencies to organize, but shows the level of importance wing leadership has placed on preparing Sabers for future deployments.

"If you haven't received this training yet, don't worry; your time is coming," said Sergeant King. "Every member will receive at least ECS training prior to deploying."

The wing's goal during the employment phase of the exercise will be to prepare everyone for the worst-case scenario.

"Be ready for a week of non-stop mortar attacks, vehicle accidents, and mass casualties," said Chief Master Sgt. Steven Lage, 52nd FW/XP superintendent.

"This may not seem realistic compared to what you have seen on previous deployments, but if you can think of the exercise as a 120-day deployment compressed into a week's time, you'll better understand and accept the scenario."

Although there have not been any chemical attacks in the last several Phase II exercises, 52nd FW/XP officials advise Airmen not to run out and turn in their chemical gear just yet.

"The potential for chemical attack from our adversaries still exists, therefore it will be practiced here," Chief Lage said.

"Sabers who are participating in the exercise will need to be ready to react when they hear the alerts and alarm status," he said.

RESCON Watch

BRAVO

1-2 DUIs in the Last 30 Days

Days since last DUI: 13

Large unit with best record: 52nd Communications Squadron, 426 days
Small units with best record: 52nd Medical Support Squadron,
52nd Dental Squadron and 52nd Contracting Squadron: No DUIs

Data Courtesy of the 52nd SFS

When going out, have a plan or call Airmen Against Drunk Driving at 06565-61-2233.

Spangdahlem Airmen receive Article 15 punishment

Staff reports

In November and December, 13 Spangdahlem Air Base Airmen received non-judicial punishment under Article 15 of the Uniform Code of Military Justice.

- ♦ An airman first class assigned to the 726th Air Mobility Squadron violated Article 111 by driving while intoxicated. The commander imposed a reduction to Airman, seven days extra duty and a reprimand.

- ♦ A senior airman assigned to the 52nd Security Forces Squadron violated Article 92, being derelict in the performance of his duties by willfully failing to turn in his official vehicle and weapon at the end of his shift. The commander imposed a reduction to airman first class, six days extra duty and a reprimand.

- ♦ A staff sergeant assigned to the 52nd Equipment Maintenance Squadron violated Article 111 by driving while intoxicated. The commander imposed a suspended reduction to senior airman, forfeitures of \$978 for two months, 45 days extra duty and a reprimand.

- ♦ A technical sergeant assigned to the 52nd EMS violated Article 111 by driving while intoxicated. The commander imposed a reduction to staff sergeant, suspended forfeitures of \$1,225 for two months, 21 days extra duty and a reprimand.

- ♦ An airman first class assigned to the 52nd Medical Oper-

ations Squadron violated Article 86 by failing to go to his appointed place of duty and Article 134 by being incapacitated for the performance of duties. The commander imposed a suspended reduction to Airman, forfeiture of \$692 for two months and one day correctional custody.

- ♦ An airman first class assigned to the 52nd Communications Squadron violated Article 92 by being derelict in the performance of his duties by negligently failing to stay awake on duty. The commander imposed a reduction to airman basic and a reprimand.

- ♦ An airman assigned to the 52nd SFS violated Article 121 by stealing compact discs. The commander imposed a suspended reduction to airman basic, forfeiture of \$617 for two months, 21 days restriction, 21 days extra duty and a reprimand.

- ♦ An airman first class assigned to the 52nd Component Maintenance Squadron violated Article 92 by violating a lawful regulation for failing to maintain dormitory housekeeping standards. The commander imposed a suspended reduction to Airman, 30 days correctional custody and a reprimand.

- ♦ An airman first class assigned to the 52nd SFS violated Article 87 by missing a movement. The commander imposed a suspended reduction to Airman and a reprimand.

- ♦ A senior airman assigned to the 52nd SFS violated Article

109 by willfully damaging property, Article 128 for assault, Article 86 by failing to go to his appointed place of duty and Article 92 by being derelict in the performance of his duties for failure to keep his license plates on his vehicle and ensure they were not transferred to other vehicles. The commander imposed a suspended reduction to airman first class, forfeiture of \$773 for two months and 30 days correctional custody.

- ♦ An airman first class assigned to the 52nd Aircraft Maintenance Squadron violated Article 92 by being derelict in the performance of his duties by failing to maintain dormitory housekeeping standards, and violated an Air Force Instruction by wrongfully displaying jewelry through his nipples. The airman first class also violated Article 91 by being disrespectful in language to two senior non-commissioned officers. The commander imposed a suspended reduction to airman basic, a reduction to airman and a reprimand.

- ♦ A technical sergeant assigned to the 52nd AMXS violated Article 128 for assault and battery. The commander imposed a suspended reduction to staff sergeant and a reprimand.

- ♦ An Airman assigned to the 52nd EMS violated Article 134 by being drunk and disorderly. The commander imposed a reduction to airman basic, forfeitures of \$617 for two months, 45 days restriction, and 45 days extra duty.

USAFE Public Health clarifies avian flu risks, prevention steps

By Capt. Jonathan Friedman
USAFE News Service

Ramstein AB, Germany (USAFENS) -- A global outbreak of disease -- that is what many people think when they hear the words “bird flu.” But is it really the next pandemic or just “fowl” play?

Properly named avian influenza, this virus has spurred global awareness and growing concerns about the possibility of the virus changing into a form that passes efficiently from person to person.

“This specific strain of ‘bird flu’ -- also known as H5N1 -- has proven itself devastating to domestic poultry wherever it has been identified,” said Lt. Col. Carol Fisher, U.S. Air Forces in Europe Command Public Health officer. “And although millions of birds have died from this virus, human cases are still rare.”

Colonel Fisher noted that the human cases identified with this strain have primarily been found where people have had close interaction with sick or dead birds that were also infected with the same strain.

Currently, the bird flu virus does not have the ability to spread effectively from human to human. Nevertheless, proper handling of raw poultry and basic personal hygiene can effectively protect a person.

“Studies have found that simple steps, like frequent hand washing with soap and water and good respiratory etiquette, can effectively protect a person from many infections,” said the colonel.

Bird flu can be contracted through the respiratory system and possibly orally (eating raw or undercooked poultry or poultry products). It is primarily spread by direct contact with saliva, nasal secretions and feces of infected birds.

The colonel said that if a pandemic strain of influenza is identified, a vaccine will take from six to nine months to develop. However, there are drugs that can help reduce complications of the human infection. Antiviral drugs like Tamiflu can be used to ease symptoms of the virus, if given within 48 hours of initial symptoms.

Outbreaks of bird flu have occurred recently among poultry in a number of countries in Asia, as well as several countries within USAFE, including Germany, France, Romania, Italy, Turkey, Bulgaria and Greece. Human infections with the virus have been reported in Turkey, Thailand, Vietnam,



Master Sgt. Lance Cheung

Good handwashing techniques are one of the best measures to prevent not only avian flu but other diseases and illnesses.

Indonesia, Cambodia and Iraq. These cases have primarily resulted from direct contact with infected poultry or surfaces contaminated with their feces.

Building good body resistance also goes a long way in preventing any type of influenza. This can be achieved through a balanced diet, adequate rest, regular exercise, good personal hygiene and not smoking.

“It’s important that we remember to not only practice good personal hygiene, but that we remain aware of the current situation and use proper food-handling techniques when preparing any raw meat,” she said. “These two practices are always important.”

For more information on avian influenza go to www.pandemicflu.gov.

(Portions of this story were contributed by Staff Sgt. Melissa Koskovich, U.S. Central Command Air Forces -- Forward Public Affairs)

Air Force vision embraces warfighters, heritage, future

By Staff Sgt. Julie Weckerlein
Air Force Print News

WASHINGTON (AFP) -- Heritage, future innovations and focus on the joint warfighter are three key points in the newly released Air Force Vision document, “Lasting Heritage ... Limitless Horizons: A Warfighter’s Vision.”

This vision document, released to Airmen worldwide Feb. 28, replaces the older “Vision 2020” version, which was released in 1997, and focused on preparation for the then-upcoming turn of the century.

“Many of the same themes appear in both documents, such as innovation and Airmen as warfighters” said Secretary of the Air Force Michael W. Wynne. “(Yet) the overall theme (of the recent document) stresses that Airmen will continue to live up to their rich heritage, and push the Air Force to an even better horizon.”

“Heritage to horizon” is a strong message in the document, exemplified by timelines, quotes from past senior leaders and brief reviews on past Air Force missions.

“From the days of Chenault and aviation, from Schriever, from LeMay, from Stuart Symington who was the first Secretary of the Air Force, it has always been about innovation,” Secretary Wynne said. “It has always been about pursuit of excellence. It has always been about using and pushing the boundaries of technology into a future that was relatively unknown.”

While the document is heavy in Air Force history, its outline for the Air Force’s future is made clear with references to new technology, total force concepts, and fighting the global war on terrorism.

“To realize the vision, we have three priorities: maintain a razor-sharp focus on fighting this global war on terrorism, continue developing our Airmen, and recapitalize and modernize our inventory,” said Gen. T. Michael Moseley, Air Force chief of staff. “Meeting these challenges will require bold new initiatives. Our Airmen understand this intuitively. They build on a distinguished and lasting heritage. They will push the Air Force beyond the horizon.”

“We updated the vision to show how the Air Force is and will remain engaged in the Global War on Terror, (and how it) continues to embrace dramatic business practices and strives to achieve our bold future,” Secretary Wynne said. “The chief of staff and I are committed to developing the best Airmen and providing them with the best equipment and weapons to do their job.”

Chief Master Sgt. of the Air Force Gerald R. Murray wrote in the document that “the enemy is erratic and ruthless, but no match for the skillful and dedicated Airmen, Soldiers, Sailors, Marines and Coast Guardsmen serving today.

“Our unity and integration is better than ever, and we will improve our interoperability even more in the future. Together, we will fight hard and win decisively,” he wrote.

Secretary Wynne said he believes the new vision document is an important information tool for Airmen because it provides a clear explanation of the Air Force’s mission, history and plans for the future.

“I would like Airmen to take away from this vision document that there is limitless horizons,” he said. “Airmen are allowed to innovate ... and as they’ve always been, be free-thinking, risk-taking warfighters.”



Tech. Sgt. Mark McGinnis

Top Saber Performer

Name: Staff Sgt. Gregory Cornelison
Unit: 606th Air Control Squadron
Duty title: Vehicle and Vehicular Equipment Maintenance Journeyman
Hometown: Morris, Okla.
Years in service: Six
Nominee's contributions to 52nd Fighter Wing mission success: Sergeant Cornelison's in-depth technical knowledge and experience is critical to the support and maintenance of 187 tactical vehicles and tow equipment valued in excess of \$19 million. His maintenance expertise directly contributed to the unit achieving and maintaining an outstanding 93 percent vehicle mission capable rate and helped

the unit to exceed the Air Force's and U.S. Air Forces in Europe's goal by 3 percent. In October 2005, he led the inspection and preparation efforts of 82 vehicles and tows for an 820-mile round-trip convoy to the Military Urban Assault Combat training area in Marnewaard, Netherlands. In January, he led unit efforts to prepare six vehicles for shipment to support the unit's on-going deployment to Operation Enduring Freedom.

Off-duty volunteerism and professional development pursuits: Sergeant Cornelison participates in unit sports, leads shop physical training three times per week and has volunteered for the upcoming April spring bazaar.

What do you do for fun? My wife and I go on ski trips to Garmisch and the Black Forest.

What do you like most about being stationed here? I like being able to travel to many different countries each within a few hours' drive.

What's one thing you'd like to see changed or improved at Spangdahlem Air Base? I would like to see a larger fitness center and more vehicle parking available on base.

USAFE releases annual winners

Staff reports

U.S. Air Forces in Europe officials recently announced the 2005 annual award winners of several contests. The following Spangdahlem Air Base winners were recognized for their outstanding achievements during the year:

Annual Airfield Operations Award

Airfield Operations Complex of the Year:
52nd Operations Support Squadron

Air Traffic Controller of the Year:
Airman 1st Class Crystal Partida

Airfield Management Training Achievement:
Tech. Sgt. Joseph Valentin

Airfield Management Supervisor

(Civilian) of the Year: **Christoph Steffen**

Communications and Information Award

Lt. Gen. Harold Grant Award: **52nd Communications Squadron**

Contracting Award

Outstanding contracting unit (small):
52nd Contracting Squadron

Media Contest

Tabloid newspaper: *Eifel Times*

Photojournalism: **1st Lt. Shannon Collins**

Outstanding New Writer: **Senior Airman Eydie Sakura**

Eifel Salutes

52nd Maintenance Group

Senior Airman Maritza Mora ensured the \$12 million Composite Tool Kit made it to Nellis Air Force Base, Nev., in support of Saber operations at the Red Flag exercise. **Senior Airman Timothy Gross** volunteered to take on a taxing job.

As the unit tax representative, he'll help ease the burden for Sabers who are filing their income tax returns. Airman Gross also trained 15 fellow Sabers on how to do wheel and tire buildup, which ensures that his squadron has qualified members to support aircraft deployments.

38th Munitions Maintenance Group

Buechel AB's Library Coordinator **Virgie Vince-Cruz's** welcoming smile and outstanding support is credited by her peers for increasing the library's use by more than 150 percent, the media selection by 100 percent and monthly library resource circulation by more than 300 percent.

52nd Maintenance Group

We sense a salute coming on for **Staff Sgt. Geoff Kane** and **Senior Airman Kris Kersten**, sensors system team members deployed here from Eielson Air Force Base, Alaska. The team members completed 10 test equipment inspections and returned four penny pods to war fighters manning as part of their assistance to the photo and sensors section.

52nd Medical Group

For eye-catching customer service, go see **Dana Aicher**. Her consistently pleasant and helpful demeanor toward patients and family



members shines through in the family practice clinic.

Saber community

Spangdahlem Middle School successfully saw shadows ... about 120 of them, that is. In February, students partnered with military members and civilians in a variety of career fields -- from aircraft maintenance to food preparation. SMS Principal Eliz-

abeth Childs and Dr. Sennie Smith, SMS guidance counselor, send kudos to **all volunteers** for their participation. A grand salute goes to the **Officer's and Civilian's Spouses Club**, who offered \$1,000 to help offset lodging and other logistical costs to help the Spangdahlem Bears hockey team become the 2005 European Hockey champions. A standing ovation goes to **Bitburg Middle School students**, who recently participated in the Kaiserslautern district competition for National History Day, with the theme, "Taking a Stand in History." Eleven BMS students earned first or second place nods for their investigation of topics by way of paper, exhibit, documentary or performance. The winners will further compete at the European NHD contest March 29-30.

CDC stars

The following individuals earned scores of 90 percent or higher on their career development course examinations: **Staff Sgt. William Wojtlyko**, 52nd Equipment Maintenance Squadron, 91; **Senior Airman Carl Yonkers**, 52nd Civil Engineer Squadron, 93; **Airman 1st Class John Taylor**, 52nd CES, 94; **Airman 1st Class Anthony Zartman**, 52nd Logistics Readiness Squadron, 92.

Kudos to all; Team Eifel salutes you!
 (Compiled by Senior Airman Amaani Lyle, 52nd Fighter Wing Public Affairs Office)



Senior Airman Amaani Lyle

Top Saber Team

Unit name: 52nd Comptroller Squadron Customer Service Section

A brief description of unit responsibilities: The team provides financial services support to all military and civilian personnel assigned to the 52nd Fighter Wing and its geographically separated units. Team members issue myPay personal identification numbers on the spot and assist people in using this online tool. The team also provides one-on-one customer service in resolving all pay problems for Sabers.

Number of members: Nine

How does the team fit into the 52nd Fighter Wing's mission? The team stands ready to answer all pay inquiries and solve any pay problems for the wing. By taking care of Team Eifel members' pay, Sabers can better concentrate on their mission and performance.

Team's other contributions through the year? The team has implemented an automated phone system, which will better serve the customers. The phone system is designed to direct Eifel members to the correct office. The team also plays a key role in deploying members down range. The section briefs all deployers and their families on entitlements during the wing town hall meetings. These Sabers also conduct weekly Combat Intro and new pay issue briefings to all new members by way of their monthly Money Matters Radio Show.



Master Sgt. John Lasky

From a distance

BAUMHOLDER, Germany -- Tech. Sgt. Gregory Marchand points out targets to Staff Sgt. Timothy Ogan. The NCOs are 52nd Security Forces Squadron members participating in Creek Defender in southwestern Germany. Creek Defender has developed new curriculum for security forces preparing to deploy in support of contingencies in the European Command area of operations and other combatant commands throughout the world.

USAFE announces annual award nominees

Staff reports

RAMSTEIN AIR BASE, Germany (USAFENS) -- Perhaps after he arrives here March 20 for the U.S. Air Forces in Europe Annual Awards Banquet, Tech. Sgt. Alvaro Magana said the reality may finally settle in that he has been nominated as one of USAFE’s most outstanding Airmen.

“When I fly up to Germany it’ll start hitting me,” said Sergeant Magana, one of seven representatives from the 39th Air Base Wing from Incirlik Air Base, Turkey, who will be competing for USAFE honors in the category of Noncommissioned Officer of the Year. The other categories are Airman, Senior NCO, Company Grade Officer, First Sergeant, and Civilian -- Categories I and II. USAFE leaders will announce the winners at the USAFE Annual Awards Banquet on March 24 at the Ramstein Air Base Officers’ Club.

Winning at USAFE and continuing on for possible Air Force-level honors is a possibility, but simply being among the 83 nominees is a “great honor,” said Sergeant Magana, the noncommissioned officer in charge of bioenvironmental engineering with the 39th Medical Group at Incirlik.

“It just made the year for me,” said Sergeant Magana, who entered his current job after nine years of special duty at Brooks City-Base, Texas, where he served as a health physics technician and a technical instructor at the school of aerospace medicine.

It was a challenging year making the transition back to his job at the wing level, but Sergeant Magana said he was able to succeed thanks to the same mentorship from his boss and the support from fellow Airmen that probably benefited all of his fellow nominees.

“Last year I never even thought of winning at the wing level,” said Sergeant Magana. “It was a great honor just to win at the group level.”

Staff Sgt. Rebecca Baker knows how he feels at this point, and she also knows what’s in store for the nominees emotionally during their upcoming week here leading up to the awards banquet.

“It was unbelievable. I’ll never forget that week -- it was amazing,” said Sergeant Baker, who was named the USAFE Airman of the Year for 2004. She said the nominees were made to feel special during a week that included cultural tours offbase and the opportunity to meet the USAFE commander.

And when her name was called out as a winner, “I was completely overwhelmed ... the red carpet, the honor guard and the flash of the cameras. I was so touched that I was even nominated to be there in the first place,” Sergeant Baker said.

And the feeling continues. Sergeant Baker, an armament weapons journeyman at Aviano Air Base, Italy, said it’s always in the back of her mind that people thought highly enough of her to nominate her for the award, and that inspires her to maintain high standards both personally and professionally at all times.

The nominees for this year’s awards are:

HQ USAFE:

Airman: **Staff Sgt. Twan Knoten**, HQ USAFE/A6 (Communications)

NCO: **Tech. Sgt. Travis Goodman**, HQ USAFE/A4 (Logistics)

Senior NCO: **Senior Master Sgt. Herbert D. Battern**, HQ USAFE/A3 (Operations)

Civilian Category I: **Suzanna S. Day**, HQ USAFE/A7

Civilian Category II: **Virginia Thompson**, HQ USAFE/SG (Medical)

CGO: **Capt. Damian Schlussel**, HQ USAFE/A7 (Mission Support)

86th Airlift Wing -- Ramstein Air Base, Germany:

Airman: **Senior Airman Tobi J. Zimmerman**, 86th Maintenance Squadron

NCO: **Staff Sgt. Robert S. Henshaw**, 1st Air and Space Communications Operations Squadron

Senior NCO: **Senior Master Sgt. Mark D. Marson**, 786th Security Forces Squadron

1st Sgt: **Master Sgt. Matthew L. Rosema**, 1st Combat Communications Squadron

Civilian Category I: **Derrick A. Richardson**, 1st ASCOS

Civilian Category II: **Dirk Seifert**, 86th Operations Support Squadron

CGO: **Capt. John C. Dereix**, 86th Aircraft Maintenance Squadron

65th Air Base Wing -- Lajes Field, Azores:

Airman: **Senior Airman Danielle K. Shest**, 65th Mission Support Squadron

NCO: **Staff Sgt. Cheick A. Bah**, 65th Medical Support Squadron

Senior NCO: **Senior Master Sgt. Henry Parker III**, 65th Services Squadron

1st Sgt: **Master Sgt. Douglas C. Koonst**, 65th Operations Support Squadron

Civilian Category I: **Melissa K. Servillon**, 65th Comptroller Squadron

Civilian Category II: **Franklin P. Carney**, 65th Civil Engineer Squadron

CGO: **Capt. Angela M. Thompson**, 65th MDSS

52nd Fighter Wing -- Spangdahlem Air Base, Germany:

Airman: **Airman 1st Class Dallas E. Smith**, 606th Air Control Squadron

NCO: **Staff Sgt. Mark A. Lebedzinski**, 606th ACS

Senior NCO: **Master Sgt. Sheldon D. Sukut**, 606th ACS

1st Sgt: **Master Sgt. Christopher A. Miller**, 52nd Equipment Maintenance Squadron

Civilian Category I - **Heather M. Hughes**, 52nd Medical Operations Squadron

Civilian Category II - **Derek N. Williams**, 52nd EMS

CGO: **1st Lt. Brian Cooper**, 52nd EMS

501st Combat Support Wing -- RAF Mildenhall, England:

Airman: **Senior Airman Cynthia E. Atilano**, 423rd Air Base Squadron

NCO: **Tech. Sgt. John R. McKinney**, 423rd ABS

Senior NCO: **Senior Master Sgt. Joseph A. Carenza**, 422nd Communications Squadron

1st Sgt: **Master Sgt. Terry W. Grimm**, 420th Air Base Group

Civilian Category I: **Andrea E. Gaunt**, 423rd Civil Engineer Squadron

Civilian Category II: **Lisa C. Sweat**, 420th ABG

CGO: **Capt. Benjamin C. Cook IV**, 423rd ABS

48th Fighter Wing -- RAF Lakenheath, England:

Airman: **Airman 1st Class Brandie L. Stone**, 48th Aircraft Maintenance Squadron

NCO: **Staff Sgt. Joseph A. Berberich**, 48th Medical Support Squadron

Senior NCO: **Master Sgt. Daniel J. Lambert**, 48th Security Forces Squadron

1st Sgt: **Master Sgt. Michael R. Hatcher**, 85th Mission Support Squadron

Civilian Category I: **Ronald E. Anderson**, 48th Civil Engineer Squadron

Civilian Category II: **Timothy J. Moore**, 48th Logistics Readiness Squadron

CGO: **Capt. Matthew W. Worling**, 494th Fighter Squadron

435th Air Base Wing -- Ramstein Air Base, Germany:

Airman: **Senior Airman Christopher Gerdes**, 435th Civil Engineer Squadron

NCO: **Tech. Sgt. Edward Watson**, 435th Materiel Maintenance Squadron

Senior NCO: **Senior Master Sgt. Rene Guionnaud Jr.**, 435th Logistics Readiness Squadron

1st Sgt: **Master Sgt. Steve Watson**, 435th CES

Civilian Category I: **Bruno Kappel**, 435th CES

Civilian Category II: **Christina Fornander**, 435th Mission Support Squadron

CGO: **Capt. Jason Campbell**, 735th Civil Engineer Squadron

39th Air Base Wing -- Incirlik Air Base, Turkey:

Airman: **Senior Airman Christopher M. Flanagan**, 39th Communications Squadron

NCO: **Tech. Sgt. Alvaro Magana**, 39th Medical Group

Senior NCO: **Senior Master Sgt. Eric J. Stone**, 39th Logistics Readiness Squadron

1st Sgt: **Master Sgt. Benjamin Leal Jr.**, 39th Maintenance Squadron

Civilian Category I: **Samantha D. Mindel**, 39th MDG

Civilian Category II: **Randall P. Cummins**, 39th Contracting Squadron

CGO: **Capt. Cliff T. Reimer**, 39th Civil Engineer Squadron

38th Combat Support Wing:

Airman: **Airman 1st Class Ashley N. Struckmann**, Det 5, 2nd Air Postal Squadron, RAF Alconbury, UK

NCO: **Staff Sgt. Theodore A. Saxman**, 703rd Munitions Support Squadron, Volkel Air Base, Netherlands

Senior NCO: **Master Sgt. Jamie L. Woody**, 38th Construction and Training Squadron, Ramstein Air Base, Germany

1st Sgt: **Master Sgt. Rebecca S. Brauer**, 703rd Munitions Support Squadron, Volkel Air Base, Netherlands

Civilian Category I: **Michelle M. Austin**, 38th Combat Support Wing, Ramstein Air Base, Germany

Civilian Category II: **Dieter Flachsland**, 38th CTS, Ramstein Air Base, Germany

CGO: **1st Lt. Davis M. Knight**, 569th U.S. Forces Police Squadron, Vogelweh, Germany

31st Fighter Wing -- Aviano Air Base, Italy:

Airman: **Senior Airman Sheila L. Fish**, 31st Aircraft Maintenance Squadron

NCO: **Staff Sgt. Amanda J. Johnson**, 31st Maintenance Operations Squadron

Senior NCO: **Master Sgt. Lisa G. Finuff**, 31st Medical Support Squadron

1st Sgt: **Master Sgt. Jeffrey J. Jacobson**, 31st AMXS

Civilian Category I: **Anna Jackson**, 31st Services Squadron

Civilian Category II: **Gianpietro Bulli**, 31st Civil Engineering Squadron

CGO: **Capt. Joshua D. DeMotts**, 31st CES

16th Air Force:

Airman: **Senior Airman Daniel Strom**, 2nd Air Support Operations Squadron

NCO: **Tech. Sgt. Shane Hobrecht**, 2nd ASOS

Senior NCO: **Master Sgt. Howard Teesdale**, 32nd Air Operations Center

1st Sgt: **Senior Master Sgt. Russell Hastings**, 2nd ASOS

Civilian Category I: **Lisa Hames**, Detachment 3

Civilian Category II: **Hunter Hustus**, Det 3

CGO: **Maj. Bryan Tash**, 2nd ASOS

100th Air Refueling Wing -- RAF Mildenhall, England:

Airman: **Airman 1st Class Paul J. Bradford**, 100th Civil Engineer Squadron

NCO: **Tech. Sgt. Russell C. Anderson**, 100th Maintenance Squadron

Senior NCO: **Master Sgt. Scott L. Smith**, 100th MXS

1st Sgt: **Senior Master Sgt. John L. Dunham**, 100th Logistics Readiness Squadron

Civilian Category I: **Darrell Pojas**, 100th LRS

Civilian Category II: **Selina Williams**, 100th Comptroller Squadron

CGO: **Capt. Rafael H. Garza**, 100th Operations Support Squadron

To purchase tickets for the banquet, contact your wing command chief master sergeant or first sergeant.

-- USAFENS --

Col. Dave Goldfein.....Commander
Capt. Thomas Crosson.....Public affairs chief
Capt. Mike Cumberworth.....PA deputy
Tech. Sgt. Pamela Anderson.....PA NCOIC
Senior Airman Amaani Lyle.....Staff writer
Senior Airman Eydie Sakura.....Editor
Iris Reiff.....Leisure writer

Published by

Verlag & Druck
Wittich KG, a pri-
vate firm in no
way connected
with the U.S. Air
Force, under
exclusive written
contract with the



52nd Fighter Wing. This commercial
enterprise newspaper is an authorized
publication for members of the U.S. mil-
itary services overseas. Contents of
the Eifel Times are not necessarily the
official views of, or endorsed by, the
U.S. Government, the Department of
Defense or the Department of the Air
Force.

The appearance of advertising in
this publication, including inserts or sup-
plements, does not constitute endorse-
ment by the Department of Defense,
the Department of the Air Force or
Verlag & Druck Wittich KG of the prod-
ucts or services advertised.

Everything advertised in this publi-
cation shall be made available for pur-
chase, use, or patronage without regard
to race, color, religion, sex, national ori-
gin, age, marital status, physical handi-
cap, political affiliation or any other non-
merit factor of the purchaser, user or
patron.

Editorial content is edited, pre-
pared, and provided by the 52nd
Fighter Wing Public Affairs Office staff.
All photographs are U.S. Air Force pho-
tographs unless otherwise indicated.

Accessing Direct Line

The Direct Line program is a
way to get answers to questions
you still have after using your
chain of command.

Direct Lines of general interest
will be published in the *Eifel
Times* and may be edited or
paraphrased for brevity or clarity.
Submit your Direct Line via:

■ DirectLine@spangdahlem.
af.mil

■ Mailed to 52nd FW/PA,
Unit 3680 Box 220, APO AE
09126

■ To PA in building 23.

■ Concerns may also be sent
via fax to 452-5254.

Anonymous inputs are
accepted. To receive a personal
response you must include your
name and phone number. Call the
Eifel Times at 452-5244 for more
information.



Col. Dave Goldfein

March
Sortie
Scoreboard

Aircraft	Goal	Flown	Delta
22FS	414	31	- 38
23FS	413	59	- 3
81FS	344	19	- 21

*Delta is contract vs. sorties flown to date.

Through March 5

Courtesy of the
52nd Operations Support Squadron
Plans and Scheduling Section

Viewpoint

March 10, 2006

Page 5

WWII remembered

JFCoE outing honors soldiers past

By U.S. Army Chief Warrant Officer 3
Heath A. Hielsberg
Joint Fires Center of Excellence

The morning of Dec. 16 was bitterly cold and a recent snowfall blanketed the borders between Germany, Belgium and Luxembourg. People were startled from their sleep by the impacts of artillery, mortars and rockets. Something big was happening.

Dec. 16, 1944, was the start of what would be forever known as the Battle of the Bulge. It was one of the largest military operations to ever take place. More than 62 years later, on Feb. 3, 2006, members of the Joint Fires Center of Excellence visited the Ardennes forest to view military history from a different, more personal perspective.

To fully understand what we were going to see, we discussed the battle the day before our trip. Tech. Sgt. Dan Williams of the 52nd Component Maintenance Squadron, and president of the newly formed European Military History Group, shared his knowledge of the war while dressed as a 1940s-era 101st Airborne U.S. Army paratrooper and provided a better understanding of what World War II soldiers experienced during that time.

The next day when we left to see the battlefields in the Ardennes forest, the skies were clear and temperatures mild. However, as we approached the first site, a thick fog rolled in and temperatures plummeted. Ironically, the weather resembled conditions that U.S. soldiers endured on

All of us stationed in the Eifel have a unique opportunity to see military history unlike many others. This region is filled with reminders of the events that occurred 61 years ago.

Dec. 16, 1944. One member of our trip had forgotten to bring his winter coat and quickly realized what the soldiers must have felt.

"We picked a really good day to experience the conditions during the battle," said U.S. Army Capt. Scott Tucker, 52nd Fighter Wing Ground Liaison Officer. "I couldn't last ten minutes! How'd they do it for weeks?"

As we walked into the forest along the former German attack route, we discovered several U.S. 99th Infantry Division foxholes and artillery craters. We then realized the severity of the situation that occurred here. These men withstood relentless shelling for hours with little protection. We all wondered how many men died in these woods that cold December morning.

From the Ardennes we headed to a hilltop near Lanzerath, Belgium. There a small U.S. platoon of 21 men defended the southern flank of the entire U.S. 99th Infantry Division. The platoon held its ground firmly, repelling three German frontal attacks, delaying the enemy advance long enough

to disrupt the crucial German timeline for the offensive. About 200 German soldiers were killed. The U.S. platoon lost one. The platoon was taken prisoner for the remainder of the war only after running out of ammunition.

To our surprise, a local resident ventured up the hill to share with us his knowledge about the battle. He handed us information about other U.S. memorials in the area. His appreciation for the U.S. was felt even after six decades.

All of us stationed in the Eifel have a unique opportunity to see military history unlike many others. This region is filled with reminders of the events that occurred 61 years ago.

In addition, there are two military history groups that are dedicated to World War II history preservation. One such group is the World War II Society-Europe at www.ww2societyeurope.org. The other is the European Military History Group. Information about this group is available by e-mailing emhg-1@hotmail.com.

I encourage everyone to research the events that our country forged into history and conduct professional development trips for your personnel and their families to enhance remembrance. I guarantee that all participants will have an enriched sense as to why we are here in Central Europe. We should never forget the sacrifices our men and women made those many years ago for our freedom.

Commander's Direct Line

Base shuttle

Comment: Sir, why do the buses traveling to and from Spangdahlem Air Base and Bitburg Annex Military Family Housing stop for extended times in front of bus stops, but not to pick up riders? I know they do this to stay on their scheduled times, however many times I see the driver sitting their reading the paper while they are waiting and do not even have the flashers on to alert drivers to go around the bus. Would it be more appropriate or safer for the bus to park in the parking lot near the Imbiss in the French Caserne? Thanks in advance.

Response: Thank you for your concern. We have taken action to eliminate the safety hazard associated with buses waiting in the street. The shuttle bus drivers will stop only in designated parking spots at Bitburg Annex and Spangdahlem AB when necessary for scheduling delays. Moreover, drivers are required to use their flashers when loading or unloading passengers and traffic should not pass for safety reasons. The 52nd Mission Support Group is currently doing a complete study of our Eifel transportation needs so we can continue to provide better service to the community. Thank you for bringing this important concern to my attention.

-- Col. Dave Goldfein

52nd Fighter Wing commander

Culture Corner

Understanding can close gender gaps

By Tech. Sgt. Christopher Clark
NATO AWACS E-3A Component

GEILENKIRCHEN, Germany – Helping to understand gender differences can help build an environment of acceptance and increased productivity between all colleagues.

In honor of Women's History Month, I encourage Team Eifel members to tap into the 52nd Fighter Wing Military Equal Opportunity Office's learning resources to enhance cross-gender communications.

One such resource is the video, "Closing the Gender Gap." In the video, Dianna Booher poses three fundamental rules for increasing positive communication between men and women:

- ♦ Acknowledging the differences between each gender.
- ♦ Understanding meanings associated with the conversation styles typical of one's gender.
- ♦ Willingness to adapt to the other gender's communication style.

According to Ms. Booher, there are several communication styles men and women typically use, but aren't always cognizant of. They are:

Empathy vs. Solutions

Women tend to talk about their problems as a way to release tension, but

don't want to hear answers to them. Men typically talk about their problem with the desire to hear possible solutions from the person with whom they're talking. The conflict arises when these communication styles cross and a man attempts to offer solutions to a woman's problem, or a woman doesn't offer a solution to a man's problem.

Questions

Men and women typically answer questions in different ways. Women are generally better at picking hidden messages encoded within a question, where men are more direct and straightforward at answering questions.

Details vs. Big Picture

Women tend to want to know the details of an issue because it shows concern. Men tend to dismiss the details of an issue and look at the big picture. Men typically see hashing out the details as a waste of time.

"Closing the Gender Gap" is only one communications enhancement tool Team Eifel members can tap into to improve relationships. For more information, Sabers can visit the 52nd FW/MEO Office in building 151, for other tools to promote environments of mutual respect and understanding.



Community Mailbox

Submit "Community Mailbox" advertisements 10 days before the desired publication date to publicity@spangdahlem.af.mil.



Volunteer appreciation

An American Red Cross Volunteer Appreciation luncheon takes place March 23 from 11:30 a.m. to 1:30 p.m. in the Club Eifel Fireside Lounge. The luncheon is free to all ARC registered volunteers. Call the office at 452-9440 for more information or to reserve seats.

Family Advocacy classes

Call the 52nd Medical Group Family Advocacy Office at 452-8279 to register or for more information.

- ♦ Anger management, March 21 and 28, and April 4 and 11 from 9-10:30 a.m.

- ♦ Passport to parenthood, a class for parents-to-be, takes place March 22 from 1-4 p.m. in the Bitburg Annex Family Support Center.

- ♦ Effective child discipline; call the office to set up an appointment.

- ♦ Breastfeeding pump program; call the office for more information.

- ♦ Spangdahlem AB preschool play-group meets Tuesdays from 10 a.m. to noon in Military Family Housing building 409a.

- ♦ Bitburg Annex preschool playgroup meets Thursdays from 10 a.m. to noon in building 2012.

- ♦ Caring for kids through divorce, March 27 from 1-3 p.m. in Spangdahlem AB building 161.

Pinewood derby

The annual Eifel Cub Scout Pinewood Derby takes place April 1 at 3 p.m. in Old School in Fliesssem. Entry costs \$1. E-mail hcautrey@hotmail.com or call Christine Autrey at 06569-960371 for more information.

Wood shop hours

The 52nd Services Squadron Wood Shop, located in Spangdahlem AB building 189, is open Tuesdays through Saturdays from 11 a.m. to 6 p.m. Call 452-6841 for more information.

Teen center news

- ♦ Teens learn how to bake homemade pies and get to sample their baked creations Tuesday from 3-8 p.m. at the Bitburg Annex Teen Center, building 58. The activity is free for members and \$2 for visitors.



Airman 1st Class Josie Kemp

Seuss-a-palooza

Senior Airman Kathleen Phillips, 52nd Communications Squadron, reads, "The Cat in the Hat Comes Back" by Dr. Seuss to Jeff Watts' kindergarten class March 2 at Spangdahlem Elementary School. The school celebrated Dr. Seuss' 101st Birthday by participating in "Read Across America," a program which encourages young children to develop their minds through reading. For more information, visit www.seussville.com.

- ♦ Youth ages 6-12 meet on St. Patrick's Day for a dance from 7-9 p.m. Activities include dancing and games. Cost of \$4 for members and \$6 for visitors includes snacks.

Child care

The Give Parents a Break program offers free evening child care Thursday from 6:30-11:30 p.m. for children enrolled with the Child Development Center. Call 452-7868 for details.

FSC classes

Visit the Family Support monthly calendar Intranet link at <http://intranet/52FW/52MSG/52MSS/FSC/Calendar.asp> for dates and times of the next sponsorship training, German bills made easy and more.

Arts and crafts classes

Register for the following classes at the Craft Store, located in the Spangdahlem AB Community Center, or call 452-4141 for more information.

- ♦ Tole painting, March 28 from 5:30-8:30 p.m. in Bitburg Annex building 2002. Cost is \$12, plus the cost of wood.

- ♦ Tole painting, March 30 from 5:30-8:30 p.m. in Spangdahlem AB building 189. Cost is \$12, plus the cost of wood. Registration deadline is Tuesday.

PWOC meeting

A meeting of the Protestant Women of the Chapel takes place March 18 from 10 a.m. to noon in the Spangdahlem AB Chapel Annex, building 135. The theme, "Bored at Brunch" explores how boredom infiltrates the spiritual life. Upcoming board nominations will also be discussed. Call 452-6711 for details.

Flea market

Spangdahlem Elementary School holds a flea market March 18 from 9 a.m. to 2 p.m. in the school and in building 434. ID cardholders can reserve spaces for \$5. E-mail mbazan@nation-wide.net to make reservations.

English classes

English as a second language is taught Tuesdays and Thursdays from March 27 through May 3 from 5-7 p.m. in Bitburg Annex building 2012. Cost is \$60, plus \$20 for a book. Call 452-7381 for more information.

Chapel Services

Spangdahlem AB

Catholic Mass

- ♦ Saturday, 5 p.m.

- ♦ Sunday, 8:30 a.m.

- ♦ Sunday, religious education, 9:45 a.m. (Building 139)

- ♦ Monday - Thursday, 11:45 a.m. Protestant

- ♦ Sunday, 10:30 a.m., traditional service

- ♦ Sunday, 1 p.m., Korean service

- ♦ Sunday, 5 p.m., Sunday Night Live service

Bitburg Annex

Catholic Mass

- ♦ Sunday, 11:30 a.m.

- ♦ Monday, 8:30 a.m.

Protestant

- ♦ Sunday, 8:15 a.m., liturgical; 9:30 a.m., Contemporary; 1 p.m., Gospel Service

For more information about Jewish, Islamic, Rite of Christian Initiation for Adults or other faith needs, call the chapel at 452-6711/6281.



FEATURING "ALMOST FAMOUS" STANDUP COMEDIANS

YOU'VE SEEN THEM ON BET COMIC VIEW • HBO SNAPS • SHOWTIME AT THE APOLLO

Comedian/Actor Pierre has appeared in

How To Be A Player with Bill Bellamy
The Wash,
The Breaks,
For Da Love of Money
and as Halle Berry's boyfriend
in the movie B*A*P*S!

He has also performed at The Improv Clubs across the country, BET Comic View and Comedy Central just to name a few!

Featuring:
Pierre



SHOWTIME AT THE APOLLO • COMEDY CENTRAL • LAFFAPALOOZA • DREW CAREY SHOW

March 18th • Doors open 8:30 p.m.

TICKETS: \$20 MEMBERS/\$25 NONMEMBERS
ADVANCE TICKETS: \$15 MEMBERS/\$20 NONMEMBERS



TICKETS MAY BE PURCHASED AT THE DOOR OR IN ADVANCE AT THE CASHIERS CAGE. CALL 452-4639 FOR INFORMATION. FOR ADULTS 18 YEARS AND OLDER ONLY.



Der Markt

Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The Eifel Times staff reserves the right to edit ads.

Movies

The following movie listings are for today through March 9. Times and movies are subject to change. For more information, call 06565-61-9441 or 452-9441. For movie synopses, visit www.aafes.com/ems/default.asp.

Spangdahlem Skyline

Today

Annapolis (PG-13, 7 p.m.)

A young man from the wrong side of the tracks has his dream come true when he is accepted to the Naval Academy, but once there he is not sure he measures up.

Munich (R, 9:30 p.m.)

In the aftermath of the massacre of 11 Israeli athletes at the 1972 Olympics a secret Israeli squad is assigned to track down the suspects who planned the attack.

Saturday

The Ringer (PG-13, 7 p.m.)

When Steve Barker finds himself running dead last in the corporate rat race, he attempts to rig the Special Olympics by pretending to be intellectually challenged.

Fun with Dick and Jane (PG-13, 9:30 p.m.)

A wealthy couple loses their main source of income, causing both to turn to a life of crime. The team organizes heists on their rich friends' accounts.

Sunday

The Ringer (4 p.m.)

Annapolis (7 p.m.)

Monday

Annapolis (7 p.m.)

Tuesday

Munich (7 p.m.)

Closed Wednesday and Thursday

Bitburg Castle

Today

Underworld: Evolution (R, 7 p.m.)

A war emerges between the aristocratic Death Dealers and the barbaric Lycans, stemming from an ancient feud between the two tribes.

King Kong (PG-13, 9:30 p.m.)

In 1933 New York, an overly ambitious movie producer coerces his cast to travel to a mysterious island, where they encounter a giant ape.

Saturday

Cheaper by the Dozen 2 (PG, 7 p.m.)

Tom and his wife, hoping to bring their family together for a memorable summer vacation, enter their family in a competition against an over-achieving family.

Underworld: Evolution (9:30 p.m.)

Sunday

Cheaper by the Dozen 2 (4 p.m.)

King Kong (7 p.m.)

Closed Monday and Tuesday

Wednesday

Underworld: Evolution (7 p.m.)

Thursday

Rumor Has It (PG-13, 7 p.m.)

A woman learns that her family was the inspiration for the book and film "The Graduate."



A 'Bit' of Bavaria

A Bavarian-style band performs at the 2003 Bitburg Beer festival on Bitburg Flugplatz. The festival opens tonight at 7 p.m. with the Bavarian band Aischzeit, playing music late into the night. The festival continues each weekend through April 15. Food and beverages are available for purchase, and an entry fee is charged on some nights. It is recommended that groups of 10 people or more make table reservations by calling 06561-91500. Team Eifel members are strongly encouraged to arrange a safe transportation plan before consuming alcohol, such as designating a non-drinking driver, calling a taxi or staying overnight at a nearby hotel.

Museum displays childrens' playtime treasures of the past

By Iris Reiff

52nd Fighter Wing Public Affairs Office

Toys have always been the world in miniature. In the 18th and 19th centuries, there were simple wooden and moving toys. Cars came into the nursery with the technical revolution at the turn of the century, and in the 1950s there were tremendous innovations that are reflected in the toys of the day. Dolls have also changed according to the fashion fads.

Visitors can step back in time to learn more about the history of toys at Trier's popular Spielzeug museum. More than 5,000 items are spread out on a 500-square-meter surface on several floors in this toy museum. The facility features an impressive doll collection, stuffed animals, mechanical toys, cars, airplanes, playing and dancing figures, a steam locomotive, and toys related to aerospace and space travel.

The world of stuffed animals, tin figures and post-war mechanical toys can be found on the second floor next to the cashier's room. To the left of the cashier's room is the doll department and a large collection of hand-painted animal figures, protected in a huge glass case. The so called "zoo" is the private collection of Edmund Schmitt from Bayreuth, Germany.

The third floor shows off military toys and miniature Formula One cars. Under the tower entrance there is a fascinating display of space-travel and aerospace toys, metal toys from the 1950s, games, dioramas, steam locomotives and a miniature railway station.

Trier Spielzeug Museum

The museum is located in the market square on Hauptmarkt 14. It is open 11 a.m. to 5 p.m. daily now through March 31, and 11 a.m. to 6 p.m. daily April 1 through Oct. 31. It is closed Mondays, as is the case with most museums in Germany.

In the entrance hall, the museum has a small boutique where visitors can purchase souvenirs and postcards. A small children's play room is also available here, and there is a café nearby.

The Trier Spielzeug museum regularly hosts exhibitions with special items or themes. In the past there have been exhibitions featuring teddy bears, model airplanes and Barbie dolls.

The entry fee is 4 euro for adults and 2 euro for youth ages 11-18. Children ages 4-11 pay 1.50 euro. Families of up to two adults and five children can purchase a family pass for 10 euro. Other group rates are also available. Tours of the museum must be booked in advance. For more information, call the museum at 0651-75850 or visit its' web site at www.spielzeugmuseum-trier.de.

Out and About

For tickets, call the TV-Ticket-Hotline at 0651-7199-996 or visit the Bitburg TV office, located on Hauptstrasse 39a, unless specified otherwise. Events are subject to change. To check event schedules, call the ticket hotline or the tourist office of the town in which the event takes place. Call the German telephone information office at 11833 for tourist office telephone numbers.

- The Bitburg-Pruem Symphonic Orchestra performs **Sunday at 5 p.m.** at Bitburg's Edith-Stein High School. The highlight performance is George Gershwin's "Rhapsody in Blue" performed by pianist Herbert Fandel. Tickets cost 7 euro for adults and 4 euro for youth and students. Reserve tickets by calling the Bitburg Tourist Office at 06561-94340.

- The rock festival "Rock for Joy" takes place **Saturday** at the Osburg Vereinshaus. For tickets, call the

Trierischer Volksfreund press office at 06517-199996.

- Flea markets take place **Sunday** at the Trier Messenpark grounds, located below the third Mosel bridge, when coming from the Autobahn; in the Trier Viehmarktplatz parking lot, located near the city theater; along the Zeltingen Mosel shore; at the Idar-Oberstein fair grounds; and in front of the Mayen Kaufland store.

- An Irish Folk Festival, featuring the Irish Spring, takes place **Tuesday** at the Trier Tuchfabrik cultural center. Tickets cost 16 euro at the door. For more information, call 06514-362031.

- Team Eifel members can enroll in a German class for Americans taught by an instructor of the Wittlich VHS people's school. Call Walter Feltes at 06571-10739 or e-mail WFELTES@vg-Wittlich-land.de.

- Bitburg's annual Beda market

takes place **March 17-19**. This is the city's largest annual fair.

- See the Harlem Globetrotters, **March 22** in the Trier Arena.

- See the Magic Of Ireland dance show **March 24** at the Morbach Baldenau hall.

- The Chinese National Circus takes place **March 24** at the Trier Arena.

Information, Tickets and Tours offers the following trips. Call 452-6567 or e-mail 52svs.itr@spangdahlem.af.mil, or visit the office in Spangdahlem AB building 124 at least two weeks before events to reserve seats.

- Cologne City Express, **April 1**. Cost is \$45 for adults, \$40 for children ages 3-12.

- Switzerland Express, **April 1**. Cost is \$84 for adults, \$78 for children.

Sports Briefs

Summer basketball

Sign up now to be part of the live draft for summer basketball April 12. The 40-game, eight-team schedule also includes a playoff series. The cost is \$50 per player for the season, and each player receives a team jersey with their name on the back. The last day to sign up is April 11. The season begins May 15 and ends Aug. 30. For details, e-mail Ed Marshall at edward.marshall@spangdahlem.af.mil.

Women's soccer team

The Spangdahlem AB women's soccer team practices each Sunday from 11 a.m. to 1 p.m. at the Skelton Memorial Fitness Center. The team is open to all active-duty members and dependents who are at least 18 years old and not in high school. Local nationals are invited to play. To be a part of the team, e-mail Ross White at elross425@goosemail.com or Steven Haro at steven.haro@spangdahlem.af.mil.

Powerlifting team

Team Eifel members interested in joining the base powerlifting team can e-mail Troy Saunders at troy.saunders@spangdahlem.af.mil for more information.

Softball tournament

Camp Darby's Fifth Annual Memorial Day Men's and Women's Softball tournament takes place May 27-28 at Camp Darby, Italy. The cost is \$175 for a 15-person team. All participants will receive a T-shirt and team trophies for first through third place. The deadline to sign up is May 19. For details, Jimmy Roddy at 633-7440.

Ultrabodies VII competition

The Ultrabodies VII Body Building Competition takes place at Royal Air Force Mildenhall, England, June 24. The competition has a new category called female fitness and physique. For more information or to sign up, call the RAF Mildenhall Fitness and Sports Center at 238-3735 or 238-2349.

Healthy numbers

Sabers considering kicking the smoking habit, who want to learn more about healthy nutrition or who need to improve their physical training techniques can call the Health and Wellness Center. Call 452-9355 for Tobacco Cessation, 452-6995 for exercise physiology, 452-9355 for the nutritionist, or 452-6496 for the fitness center.

Fat or fiction? Take the health quotient quiz ...

Commissary test checks Saber nutrition knowledge



By Kay Blakley
Defense Commissary Agency

FORT LEE, Va. – March is National Nutrition Month and a good time for individuals to re-evaluate their food choices and eating habits.

The following is a quiz to test nutrition knowledge.

True or False: To be considered healthy choices, do fruits and vegetables have to be fresh?

False: Fresh fruits and vegetables are super choices that should occupy a portion of your grocery cart on nearly every commissary shopping excursion. The nutritional value of frozen, canned, and dried fruits and vegetables are comparable to that of fresh, plus they offer the benefit of longer shelf life.

True or False: Since the commissary here doesn't carry fat-free milk, I can use skim milk instead?

True: Some overseas commissaries sell fresh milk that is produced locally. These cartons are labeled as "skim milk." The terms skim and fat-free milk are interchangeable.

True or False: Any dark-colored, dense-textured bread, especially those with lots of seeds and nuts, qualifies as whole-grain and high-fiber.

False: The only way to tell if bread qualifies as "whole grain" is to read the ingredient label. Look for one of the first two ingredients listed to be referred to as "whole" wheat, rye, corn or another grain. Check the Nutrition Facts panel for the amount of fiber per serving. Some grain products contain significant amounts of bran. Bran provides fiber, which is important for health. However, products with added bran or bran alone, oat

bran for example, are not necessarily whole grain products.

True or False: Because the fresh meats don't have Nutrition Facts labels on them, people who want to eat only lean meats should choose only meats with the fat content labeled on it.

False: Meat and beans provide nutrients that are vital to health and maintenance of the body. However, some choices are high in saturated fat and cholesterol, so the dietary guidelines recommend making "lean" choices. People who prefer lean cuts should choose "round" and "loin." The leanest beef cuts include round steaks and roasts, top loin, top sirloin and even chuck shoulder and arm roasts. The leanest pork choices include pork loin, tenderloin, center loin and ham. Boneless, skinless chicken breasts and turkey cutlets are the leanest poultry choices.

True or False: The "good," nutritious foods are boring.

False: It's never a good idea to adopt a "good food-bad food" attitude, since nearly all foods can be part of a healthy diet. First, visit www.mypyramid.gov to learn the daily number of calories that's right for individuals. That number depends on age, sex and activity level. People should choose the most nutritionally rich, low calorie foods they can from each food group daily. Then they can work in a few of the old high-calorie favorites and still stay within their caloric limits.

Time to tally up the score. People who got four to five correct answers have a healthy eating quotient. People with two correct answers should review healthy nutrition facts. For more information, visit the U.S. Department of Agriculture Web site at <http://www.mypyramid.gov> for healthy dietary guidelines, tips and resources.

Health and Wellness Center

Lycopene, an antioxidant with color

Antioxidants are nutrients that have disease-fighting properties that protect cells from damage. Lycopene is just one of the many antioxidants that can help keep the immune system healthy. Lycopene is a pigment that gives vegetables and fruits, such as tomatoes, pink grapefruit and watermelon, their red color. Studies show that eating foods rich in this nutrient is associated with a lower risk of prostate cancer and cardiovascular disease.

Foods such as spaghetti sauce, tomato



juice, ketchup and pizza sauce are, by far, the major sources of lycopene in the United States.

Fat facts

Fats supply the body with energy. Not all fat is bad.

Polyunsaturated and monounsaturated fats are beneficial forms of fat that promote heart health. These fats help lower blood cholesterol and reduce the risk of heart disease. Saturated fats and trans fats can increase blood cholesterol levels and increase the risk of heart disease.

(Information courtesy of the HAWC)

Lady Barons win Division II championship with 45-34 victory over Hanau Panthers

By David Turner
Bitburg High School

Bitburg High School's Lady Barons basketball team won the Department of Defense Dependent Schools-Europe Division II Championship by defeating the Hanau Panthers 45-34 Feb. 25.

As a result of their play, three Lady Barons will go on to play All-Tournament. They are Melissa James, who also received Most Valuable Player recognition, Jennica Bontonis and Jasmine Carter.

Tournament day one

Leading up to the championship game, the Lady Barons played Naples Feb 22. The Barons trailed Naples 12-19 in the second quarter. However, the Ladies fought hard against a tight defense in the final quarter and claimed a 32-26 victory.

The team's second game of the tournament was against Hanau, the Lady Barons' season nemesis.

Hanau held a 17-16 halftime lead, but it didn't last long. By the final quarter the Lady Barons tied the score. In the final minutes of the game, Barons got the ball to their front court and were fouled, putting the team in a one-and-one situation. The Ladies missed the front end of the one-and-one and Hanau won 38-36.

Tournament day two

The Lady Barons played Mannheim Feb. 23 for the team's third game of the tournament and won 35-28. It was touch and go for a while, but the Ladies simply refused to lose.

A tourney game victory by Hanau against Mannheim that same day placed the Bitburg Ladies in the semifinals.

Tournament day three

The Lady Barons faced SHAPE in the semifinal game Feb. 24. The Barons jumped out to a 12-2 lead and held on to beat the team 43-38. The

victory put the Barons in the championship.

Championship game

Bitburg's Ladies went into the game with a plan to play its patented pressure defense against Hanau. Working the plan, the Ladies ended the first quarter 8-8, and then took the lead in the second quarter 18-17.

Using the same five players as put the end of the first half, the Barons picked up during the third quarter, scoring nine points and holding Hanau to only three. The Barons led 27-20. Expecting a high-pressure fight from Hanau, the Barons exploded on the fourth-quarter court, scoring 18 points and claiming a 45-34 championship victory.

Bitburg's Lady Barons appreciate all the folks who came out to the games and supported the team. The team couldn't have won without the support of its fans.

Health classes

The Health and Wellness Center offers the following classes. Call the center at 452-4295 for more information or to register for classes.

- ♦ Fad diets, March 21 at 10 a.m. and March 29 at 2 p.m.
- ♦ Nutrition and fitness, March 21 at 1 p.m.
- ♦ Eating on the run, March 22 at 9 a.m. and March 27 at 1 p.m.
- ♦ Cooking, March 21 and 31 at 11 a.m.
- ♦ Weight gain and weight creep, March 23 at 11 a.m.